



Packing For Your Trip

Following is a list of required and recommend items for your multi-day wilderness rafting tour. As part of your trip we will provide waterproof dry bags for all of your personal items, camp chairs for fireside relaxation and enjoyment, tents, and can provide sleeping bags, pads or cots upon request. Any of your own camping gear that you wish to bring is welcome, please just inform us in advance.

Weather/Climate:

Rocky Mountains: Spring and Fall and sometimes summer in the Rockies can be chilly. For trips in those time periods on the northern Rio Grande, Rio Chama, Gila, Dolores and Arkansas, please pay special attention to the material types and warm clothes suggestions in the following list. As always, remember to bring sun protective layers as well.

Utah and Texas: Our river trips in Utah and Texas have a tendency to be hot. Please remember long sleeve shirts, quick dry material pants, a good hat, and plenty of sunscreen. With that all said, always bring warm layers as well as sudden and extreme changes of temperature and weather do occur.

Packing list:

The following list contemplates extremely hot and cold, wet and dry conditions.

River runners should strive for the preparedness level of the backpacker (bearing in mind that the kitchen is provided). Your personal gear should occupy no more space than contained by a standard-issue army duffle bag and one small day-use dry bag for odds and ends and daytime access to certain items.

RIVER ESSENTIALS

- Headlamp/Flashlight and extra batteries
- Sunglasses plus eyewear retainer
- Canteen or plastic water bottle
- Rain Gear (tops and bottoms)
- A small amount of cash
- Camera
- **Prescription medicines**, toiletries, sunscreen lotion, and insect repellent.
- Sense of adventure!

SLEEPING GEAR

- Sleeping Bag
- Camping Pillow
- Sleeping Pad

CLOTHING

We recommend at least one good jacket and supply of layers and quick drying clothing: lightweight pants and long sleeve shirts for sun/mosquito protection, a large hat, extra socks, and sandals with straps for the river and sneakers and/or hiking shoes for camp and side-hikes. Following are some guidelines for your packing:

- Raingear – tops and bottoms
- Changes of underwear and socks
- Two pairs of shorts, at least one being quick drying.
- Two pairs of long pants, one quick dry if you have them.
- Two long sleeve shirts for sun and mosquito protection.
- A few thermal layers and a jacket for potential chilly nights.
- Footwear – Teva/Chaco style sandals or quick drying water shoes for the river. Good sneakers or hiking boots and socks for around camp and hiking.
- Headgear – Large cap or hat for protection from the sun and a warm hat if desired.
- Toiletries – Eco-friendly soap, towel, dental care stuff, shaving stuff, sanitary napkins, feminine hygiene products, etc...
- Don't neglect such items as **prescription medicines**, sunscreen lotion, and insect repellent!

OPTIONAL ITEMS

- Your current book or a book on the local area of your river trip
- Gloves
- Small knife
- Camera, charger and/or back up batteries.
- Binoculars
- Notepad or drawing pad; pen or pencil.
- Favorite beverage (beer, sodas, etc.) in cans or plastic container—**PLEASE, NO GLASS.**
- Fishing pole and tackle (please get your fishing license beforehand)
- Good book or magazine, or river games (cards, dice, bocce ball, backgammon, dominos.)
- A large towel and a hand towel are great comfort items on a multi-day trip.

Health Concerns

Overview: Some potential problems are traveler's diarrhea, bug bites, colds, cracked skin, foot fungus, and skin infections. While we take precautions to minimize any potential problems it is important to remember that you are the first line of defense for your own good health. In addition to any prescription medications you might require participants should consider carrying some sort of anti-diarrheal medication, over the counter pain meds, and scheduling appointments and doctor visits if you feel it necessary. While possible, it is unlikely that anyone will experience any stomach related illness. We strive to maintain restaurant industry standards for sanitation and cleanliness, which goes a long way towards mitigating the spread of germs. If passengers all remember to wash their hands or use hand sanitizer regularly before meals it makes a huge difference.

Allergies and Food Requirements:

If you have any severe allergies such as to bee stings or peanuts or have celiac disease, or food requirements such as a gluten-free or vegan diet or lactose intolerance, please let us know well beforehand so that we can make sure to guarantee your safety as well as accommodate you to the best of our abilities. All of these may be listed on your client information form that you will submit not later than 3 weeks prior to trip departure.

**Some dietary requirements may incur a supplemental charge.*

People:

Although very unlikely, it is possible to encounter unfriendly people at any point on a trip and we cannot control for this.

So You Know...

LEAVE NO TRACE

It is extremely important for us to remember the saying of "take only pictures, leave only footprints" throughout this trip in order to preserve these precious areas, resources, and heritage sites for future groups and generations to come. As a group we will strive to leave our campsites clean of trash and debris. Anyone caught stealing, receiving, or buying any illegal article or item of historical, cultural, or environmental significance will be subject to any and all laws deemed applicable and will be blacklisted from all future operations of Far-Flung Adventures/Tours, Inc.

BEVERAGES

We do not provide alcoholic beverages, but are happy to supply a cooler and ice for any drinks your want to bring (alcoholic or not). PLEASE, no drinking on the rafts. Enjoying a drink should be saved for camp.

WASHING UP

Washing up is encouraged every few days (by us and potentially by the other guests!). To do so feel free to find a nice secluded beach or cove either upstream or downstream from camp and make yourself at home; Take your towel, toiletry kit, and even a helpful friend along! We recommend eco-friendly soaps and shampoos and ask that you let one of the guides know before heading off on your own.

TOILET

Given the remote nature of this trip we will be employing a river “groover” system with a toilet seat for comfort. It will be set up at each camp and your trip leader will announce its location. A bucket of hand washing water, soap, and sprinkler can be placed nearby for your use. It is okay to urinate away from camp or at the edge of the river. Your thoughtfulness at campsites and more popular stopping places is appreciated. All contents of the river toilet will be disposed of properly after our trip.

CAMP HELP

On guided trips the guides do the cooking and basic camp chores so that you have time to relax and explore. With that said, everyone's help is needed when loading or unloading rafts, pitching and striking tents, and preparing meals. Securing firewood, hauling buckets of water, "slicing and dicing," and pot washing are everyday chores. If each participant does one of these chores sometime during the trip, "camp life" will take less time, and there will be more time for everyone to enjoy being on the river.

ABOUT US

Far-Flung Adventures is a professional tour operator and river-running organization dedicated to safe, high-quality experiences both for our current clients and also future generations. We truly care about our fragile river corridors and our aim is to leave no trace of our passage through the wildernesses we visit. Please help your guides by keeping picnic areas, campsites, cultural sites, and the public and wild spaces we visit clean and litter-free.



**FAR FLUNG
ADVENTURES**

Putting People and Rivers Together Since 1976